

# Growing Healthy Families

WIC Newsletter • Summer 2014

VOLUME XVI, ISSUE 2

VERMONT DEPARTMENT OF HEALTH • 1-800-649-4857 • [www.healthvermont.gov](http://www.healthvermont.gov)



## WIC turns 40

### 40 Years of Strengthening Families

Did you know WIC has been helping families for 40 years? Motherhood is one big job. Choosing healthy foods while pregnant, learning how to breastfeed, finding the right doctors for yourself and your children, and getting your kids ready to learn in school really does take a village. For the last 40 years, WIC has provided all that support and more to mothers and families.

That support is particularly important for first-time parents who have lots of questions about infant nutrition and behavior. Families know they can come to WIC and get help in a supportive and friendly environment.

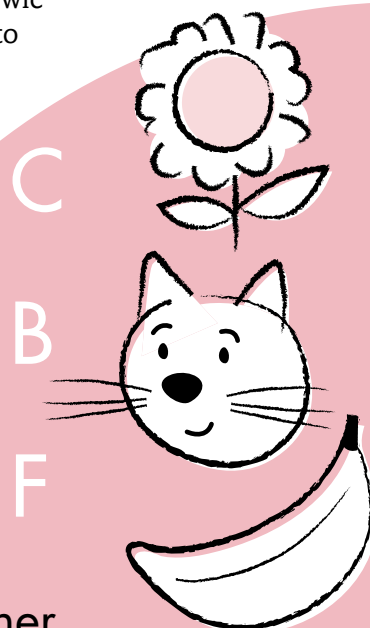
*Clara Nadeau relied on WIC during the 1970s as she raised her five children on a 600-acre dairy farm in Holland, Vermont. "It was wonderful, really fantastic. We were lucky to receive it and it never went to waste. Income back then for dairy farmers wasn't great. With five kids, you farm because you love it."*

Did you know Vermont was the first state in the nation to offer WIC services statewide, and is the last to offer home delivery services statewide? Established in 1974, the program quickly earned a reputation as being

one of the best and most successful public health programs ever developed. Over the years Vermont WIC has helped many families thrive!

### Send a friend to WIC!

Do you know someone who might benefit from WIC but isn't participating? They can call toll free at 1-800-649-4357 or visit [www.healthvermont.gov/wic](http://www.healthvermont.gov/wic) to see if they qualify and to apply for WIC.



Draw a line from each beginning sound to the correct picture.

Puzzle Corner

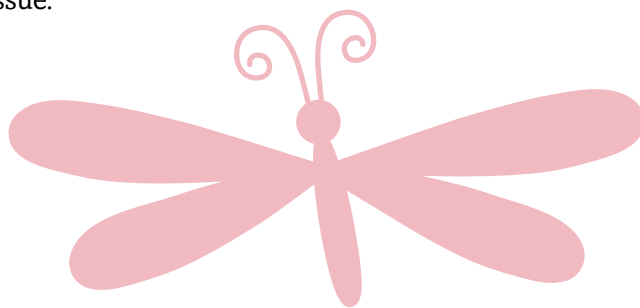


## Vegetable magic!

Wish your kids ate more vegetables? You are the key! Kids love to copy what their parents do. Be a good role model and eat your vegetables and your child will follow your lead. Like magic! Summer is a great time to enjoy fresh vegetables from the garden or farmers' market.

Zucchini is a summer staple in Vermont. Some say it's the only time of year they lock their car so their neighbors won't load the back seat with the abundant vegetable! Zucchini is a summer squash and works in all kinds of recipes. Some like it front and center in a veggie stir fry and others like it hidden in a recipe such as zucchini bread. Another way to eat it is in a pancake! Check out this month's recipe to enjoy zucchini in a new way.

Look for small zucchini squash for the most tender vegetable. Once they get too big they do best shredded and cooked in a recipe such as bread or the pancakes in this issue.



## Zucchini Pancakes *Used with permission from ChopChop Magazine, [www.chopchopmag.org](http://www.chopchopmag.org)*

Serves 6

- 3 cups shredded zucchini (about 2 medium zucchini)
- 1 tsp. salt
- 2 large eggs, lightly beaten
- $\frac{2}{3}$  cup whole wheat flour
- $\frac{3}{4}$  cup crumbled feta or shredded cheddar cheese
- 4 scallions, greens and whites, chopped
- 1 Tbs. olive or vegetable oil



Put the shredded zucchini in a strainer and sprinkle with salt. Set it in the sink and, using your hands, press down on the zucchini to squeeze out as much water as possible. Put the drained zucchini in a bowl and add the eggs, flour, cheese and scallions. Mix well.

Heat oil in a skillet on medium. Using a spoon, scoop the batter and drop it onto the hot pan spreading into 2" size circles. Cook until the bottoms are deeply golden, about 5 minutes, then turn the pancakes over and cook 5 more minutes. Repeat with remaining mixture. Serve warm with plain yogurt or tomato sauce. Fingers are allowed!

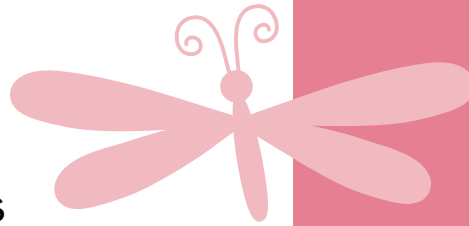
Nutrient analysis per serving: calories 120, protein 5 grams, carbohydrates 10 grams, fat 7 grams, sodium 550 milligrams, fiber 2 grams

## Summer means fresh fruits & veggies

Wish you could enjoy all those delicious vegetables and fruits from the local farmers' market? You can!

The Vermont Farm to Family Program provides WIC participants age 6 months of age and older with free coupons for fresh vegetables and fruits at participating farmers' markets around the state. When you attend a Farm to Family activity, up to two eligible WIC participants will receive a free coupon book worth \$30 to spend on fresh vegetables and fruits at the farmers' market.

Check the insert of this newsletter for dates and times of the activities being held in your community. Come early as there are a limited number of free coupon books available.



## Ask Dr. Lewis First

### **Q: What is the best type of sunscreen to put on my child?**

**Dr. First:** With summer here, parents have been hot to ask me about sunscreens and what I recommend to protect their children from the sun. First, it is important to know that even one blistering sunburn to a child's sensitive skin doubles the risk of getting skin cancer as an adult. With the use of sunscreens, you can reduce the skin damage and risk of skin cancer by 80%. So, here's what I recommend:

Infants under 6 months should never be in the sun due to their thin skin and should always be shielded from the sun with a sunshade, strollers or beach umbrella. Hats, t-shirts and even sunglasses on infants are a must. Despite the shielding, babies may still have their faces and hands exposed and for that reason, it is recommended that they, as well as all children and adults, can benefit from use of a sunscreen.

The best sunscreens are those that are waterproof or sweat-resistant with a sun protection factor (SPF) of at least 30 that protects against the two types of sun radiation (ultraviolet A and ultraviolet B). Sunscreens should be "PABA" free. PABA is a chemical that can cause a skin allergy in some children.

Sun protection products should be applied from infancy onward, although infants should only have it placed on exposed areas like faces and backs of hands. For infants over 6 months and children, generously apply sunscreen to all exposed body parts at least 30 minutes before going outside and reapply every 2 hours or after swimming or sweating. Even waterproof sunscreens should be reapplied when children come out of the water.

Hopefully tips like this will bring rays of hope to you when it comes to shedding some light — just not sunlight — on protecting your child's skin from the dangers of the sun.

*Dr. Lewis First is Chief of Pediatrics at Vermont Children's Hospital at Fletcher Allen Health Care.*

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Forget not that the  
earth delights to feel  
your bare feet and the  
winds long to play  
with your hair.

~Kahlil Gibran

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